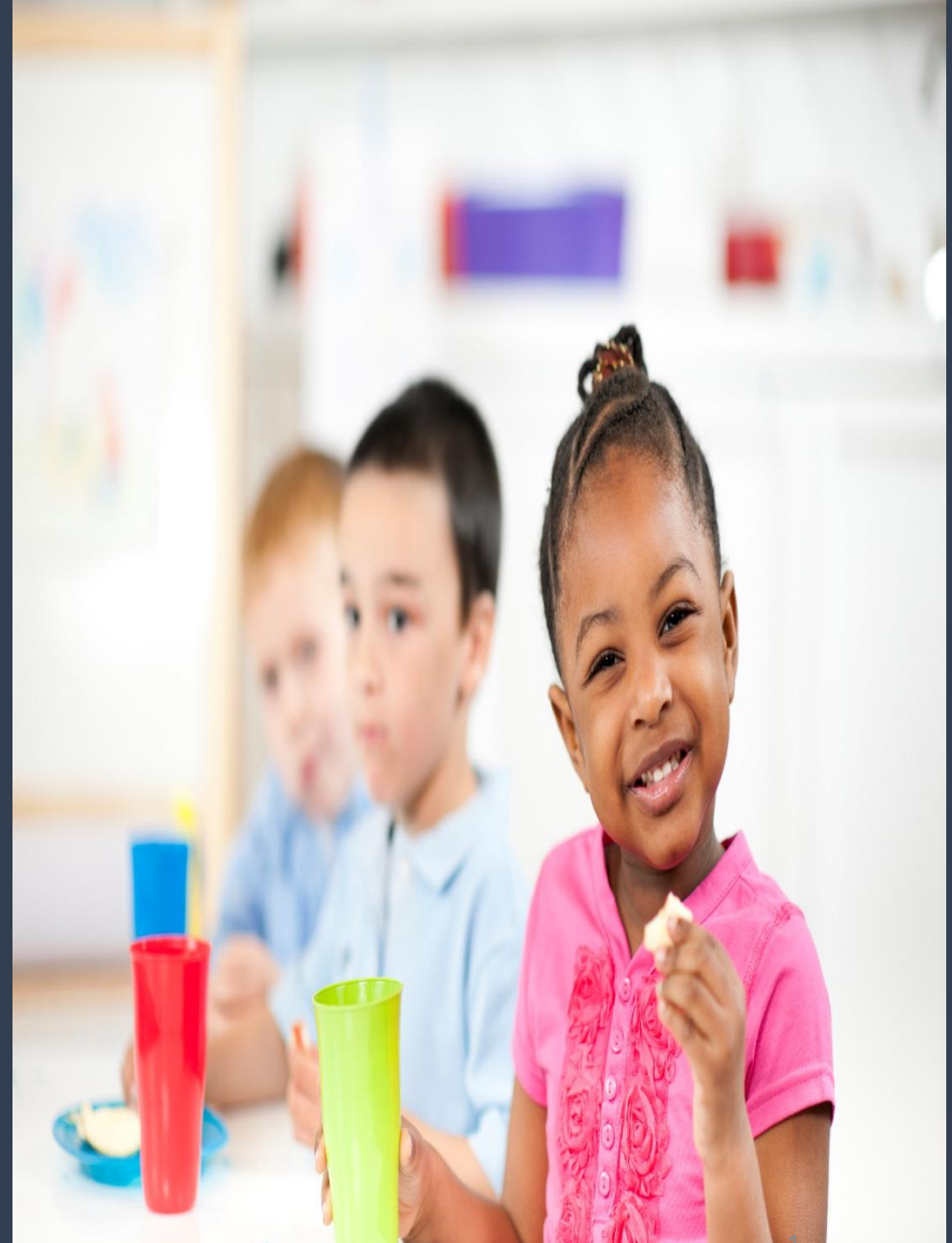


Lesson 3: Child & Adult Meal Service



Lesson Overview

- Explore additional measures for serving nutritious meals
 - Elimination of deep-fat frying on-site
 - Family style meal service
 - Using offer versus serve in at-risk afterschool programs



Deep-Fat Frying

- **May not be used to prepare meals on-site**
 - Includes central and satellite kitchens
- Defined as food submerged in hot oil or other fat
- Can be dangerous
- Too many deep-fat fried foods may contribute to chronic illnesses



Foods Fried Off-Site

- May purchase from commercial manufacturer
 - Pre-fried
 - Flash-fried
 - Par-fried
 - Deep-fat fried
- **May not deep-fry when reheating**



Evaluating Menus

Meeting the New Meal Patterns

Updated Meal Pattern Requirements Checklist for Children and Adults (page 107 in Participant's Workbook)





Activity: Menu Review

Types of Meal Services in the CACFP

- Meal service impacts what participants eat
- Meal service types:
 - Pre-plated meals
 - Family Style
 - Offer Versus Serve (OVS)



A blurred background image of a family of four (father, mother, and two children) sitting at a table, smiling and eating. The image is faded to allow text to be read over it. In the top right corner, there is a solid yellow rectangular block.

Family Style Meal Service (FSMS)

- Optional, but highly encouraged
- Allows children & adults to serve themselves from common serving bowls & platters of food
- Supervising adults may provide assistance as needed



Benefits of FSMS

Promotes social, emotional, & motor skills

Encourages children to try new foods

Provides control over eating for children & adults

FSMS Guidelines

- Place enough food at each table to provide the required portions
 - Children, adults, & supervising adults (optional)
- Example: 3 children (3-5 years) & 1 supervising adult
 - Minimum serving size is $\frac{1}{4}$ cup for sliced apples
 - Place 1 cup of sliced apples in shared bowl
 - Includes $\frac{1}{4}$ cup for supervising adult

FSMS Guidelines Cont.

- Children & adults may take smaller portions
- Actively encourage children & adults to take the full serving
- If the food is refused, do not force
 - Meals are reimbursable as long as all food components are offered
- Supervising adult meals are not reimbursable
- Cost of adult meals are an allowable expense

Alaska eLearning training
on Family Style Meal Service at
<https://education.alaska.gov/ELearning/>





Offer Versus Serve

- **Adult day care facilities & at-risk afterschool programs only**
- Not appropriate for young children
 - Need time to explore flavors, textures, etc.

Offer Versus Serve (cont.)

- Operators may serve food pre-portioned or directly
- May not be used for snacks

For complete information see the USDA Policy Memo 05-2017

OVS and Family Style Meals in the CACFP



OVS at Breakfast Overview

- Must offer 4 food items in required minimum serving sizes
 1. A serving of milk;
 2. A food item from the fruit and vegetable component;
 3. A food item from the grains component; and
 4. A food item from the meat/meat alternate component **or** one additional item from the fruit and vegetable component **or** grains component.

A child or adult must take at least three different food items from any of the food items offered. May be from any of the required components.

OVS at Lunch or Supper Overview

- Must offer at least 1 food item from each of the five food components in required minimum serving sizes. Milk is optional for the Adult Day Care Centers.
 1. A serving of milk (optional for adult care);
 2. A food item from the meat/meat alternate component;
 3. A food item from the vegetable component;
 4. A food item from the fruit component;
 5. A food item from the grains component

Child must take **3 food components** of at least the minimum serving size.

Adult day care centers or at-risk afterschool programs may not specify what food components a child or adult must select.

Lesson 4: Optional Best Practices



Best Practices & the CACFP

- Designed to further improve the nutritional quality of all meals
- Optional, but highly encouraged
 - Ensures children & adults get optimal benefits from meals
- Non-compliance does not cause:
 - Meal disallowance
 - Serious deficiency finding

Infants

- Support mothers who choose to breastfeed
 - Encourage mothers to supply breastmilk
 - Provide a quiet, private area, that is comfortable, safe, & sanitary
- Develop a breastfeeding policy
- Discuss your commitment to infants' growth & development
- Share information on community resources



Vegetables & Fruits

- Serve at least a vegetable or fruit at snack
- Serve a variety of fruits & choose whole fruits (fresh, canned, frozen, or dried) more often than juice
- Provide at least one serving from the vegetable subgroups per week

Grains

Serve at least two servings of whole grain-rich grains per day



Meat/Meat Alternates

Serve only lean meats, nuts, & legumes



Processed Meats

- Limit processed meats to one serving per week
- Preserved by smoking, curing or salting, or with the addition of chemical preservatives
- Common examples: bacon, bologna, luncheon meat





Cheese

- Serve only natural cheeses & low-fat or reduced-fat cheeses
- Common examples:
 - Low-fat cottage cheese
 - Reduced-fat string cheese
 - Reduced-fat cheddar cheese
- Label does **not** list:
 - Imitation cheese
 - Cheese food
 - Cheese product



Milk

- Vital nutrients for growth & wellness
- Serve only unflavored milk to all age groups

Milk (cont.)

- If serving flavored milk to 6 years & older, or adults
 - No more than 22 grams of sugar per 8 fluid oz
 - Choose the flavored milk with the lowest sugar content



Water

- Serve water to adults, when yogurt is served in place of milk
- Water must be made available to children at all times
- Offer & make water available to adults upon request



Additional Best Practices

- Incorporate seasonal & locally produced foods
- Limit servings of purchased pre-fried foods to no more than one serving per week

Additional Best Practices (cont.)

- Avoid serving non-creditable foods that are sources of added sugars
 - Sweet toppings
 - Mix-in ingredients sold with yogurt
 - Sugar-sweetened beverages



Best Practices Action Plan

- Build on the meal pattern requirements
- Show your commitment to those in your care
- Establish & implement a plan



Next Steps: Updated Cycle Menus

Submission of Updated Cycle Menu by June 9th

- WG or WGR at least 1x a day
- Juice no more than 1x a day
- If you're using meat/meat alternate for breakfast no more than 3x a week
- Vegetable and fruits (or two vegetables) at lunch and supper
- Milk type – so you need to be specific
- No grain-based desserts
- Homemade listed with HM
- Recipe and recipe analysis with your homemade items
- Child Nutrition label listed with CN
- Recipe Numbers or somehow noting if using USDA recipes
- Extra meat/meat alternate if appropriate



Cycle Menu Templates

Name of Center _____ Month _____ Year _____

Write WG or WGR (1 whole grain or whole grain-rich required each day if serving grain) * Write CN if CN product or HM if making from recipe * Only 1 juice per day

Milk for Children under 1:			Milk for children over 2 years:					
Ages 1-2	Ages 3-5	Ages 6-12	Meals	Monday	Tuesday	Wednesday	Thursday	Friday
			Write Dates:					
Amounts	Amounts	Amounts	(B) Brkfst					
4 fluid oz.	6 fluid oz.	8 fluid oz.	Fluid Milk					
¼ cup	½ cup	½ cup	Vegetables, fruit or both					
½ serving	½ serving	1 serving	Grain					
½ oz	½ oz	1 oz	Meat/Meat Alt (no more than 3x in place of grain)					
(A) AM Snack <i>One serving from each of any two groups for Snacks.</i>								
4 fluid oz.	4 fluid oz.	8 fluid oz.	Fluid Milk					
½ oz	½ oz	1 oz	Meat/Meat Alt					
½ cup	½ cup	¾ cup	Vegetable					
½ cup	½ cup	¾ cup	Fruit					
½ serving	½ serving	1 serving	Grain					
(L) Lunch								
4 fluid oz.	6 fluid oz.	8 fluid oz.	Fluid Milk					
1 oz	1 ½ oz	2 oz	Meat/Meat Alt					
1/8 cup	¼ cup	½ cup	Vegetable					
1/8 cup	¼ cup	¼ cup	Fruit					
½ serving	½ serving	1 serving	Grain					
(P) PM Snack <i>One serving from each of any two groups for snacks.</i>								
4 fluid oz.	4 fluid oz.	8 fluid oz.	Fluid Milk					
½ oz	½ oz	1 oz	Meat/Meat Alt					
½ cup	½ cup	¾ cup	Vegetable					
½ cup	½ cup	¾ cup	Fruit					
½ serving	½ serving	1 serving	Grain					

- Breakfast through PM Snack, Monday – Friday
- Breakfast through Evening Snack, Monday – Friday
- Breakfast through Evening Snack, Monday – Sunday

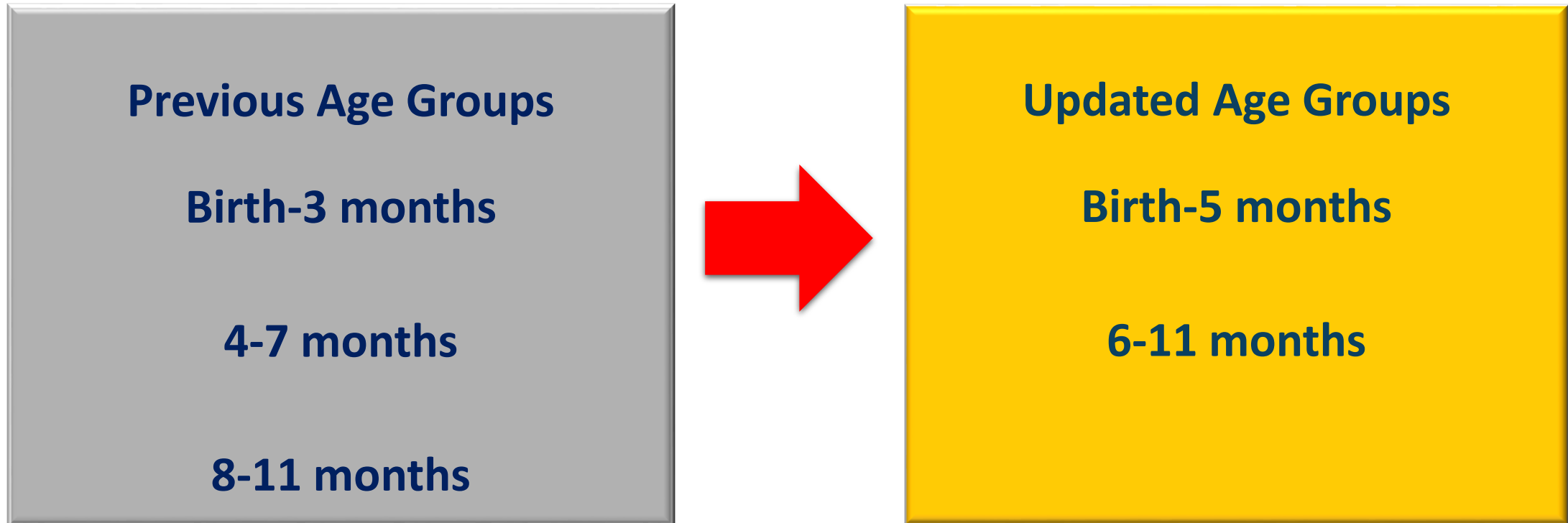
Lesson 4: Infant Meal Pattern Requirements



Infant Meal Pattern Requirements Overview

- Meals are reimbursable when a mother breastfeeds on-site
- Features two age groups: Birth-5 months & 6-11 months
- Provides more nutritious meals and snacks
 - Vegetables & fruits must be served at snack
 - Juice, cheese food, or cheese spread are no longer creditable
 - Yogurt & whole eggs are allowable meat alternates

Meal Patterns Previous vs. Updated



New Menu/Meal Count Forms

(Example)

Daily Infant Menu/Meal Count for New Meal Pattern													
Date: _____		Write in the foods that are offered to the infant (be specific). BF=breast fed on site; BM=breast milk provided; IFP=Infant Formula from Parent; IF=Infant Formula from Center											
Birth through 5 Months		Breakfast		AM Snack		Lunch		PM Snack					
Infant Name	Birthdate	4-6 oz formula or breast milk		4-6 oz formula or breast milk		4-6 oz formula or breast milk		4-6 oz formula or breast milk					
6 through 11 Months		Breakfast		AM Snack		Lunch		PM Snack					
Infant Name	Birthdate	6-8 oz formula or breast milk	0-4 T infant cereal, meat/egg, beans, peas, or 0-2 oz cheese, or 0-4 oz cottage cheese, or yogurt	0-2 T veg or fruit or combo of both	2-4 oz formula or breast milk	0-1/2 slice bread or 0-2 crackers, or 0-4 T ready-to-eat breakfast cereal	0-2 T veg or fruit or combo of both	6-8 oz formula or breast milk	0-4 T infant cereal, meat/egg, beans, peas, or 0-2 oz cheese, or 0-4 oz cottage cheese, or yogurt	0-2 T veg or fruit or combo of both	2-4 oz formula or breast milk	0-1/2 slice bread or 0-2 crackers, or 0-4 T ready-to-eat breakfast cereal	0-2 T veg or fruit or combo of both
Daily Meal Count	Breakfast		AM Snack		Lunch		PM Snack						
	Signature _____												

Many Options for Forms

- Daily for multiple Infants
Breakfast-PM Snack

- Daily for multiple Infants
Breakfast-Supper

- Weekly for individual infant

Breakfast-PM Sn M-Friday

- Weekly for individual infant

Breakfast-Supper M-Friday

- Weekly for individual Infant

Breakfast-Supper M-Sunday

Encourages Breastfeeding and Promotes Developmental Readiness

- Delay the introduction of solid foods until around 6 months
- Most infants are not ready to consume solid foods until midway through the 1st year
- Introducing solid foods too soon increases risk of obesity

Allows More Nutritious Foods

- Foods from all food components may be served around 6 months, when developmentally ready
- Breakfast, Lunch, & Supper
 - Breastmilk or iron-fortified infant formula
 - Infant cereal, meat/meat alternates, or a combination of both
 - Vegetable or fruit, or a combination of both
- Snack
 - Breastmilk or iron-fortified infant formula
 - Grains
 - Vegetable or fruit, or a combination of both

Focuses on Serving Sizes

- **Food components beginning with “zero”**
 - Recognizes that all infants are not ready for solid foods at 6 months
- By 7 or 8 months, infants should be consuming solid foods from all food groups
- Assist parents to understand this but follow parent's requests

Serving Sizes
0-2 oz.
0-4 tbsp.

Focuses on Eating Habits

- Recognizes eating habits may change
 - Some infants may eat certain foods one week/day, but not the next
 - **Meals & snacks consistent with eating habits should not be disallowed**

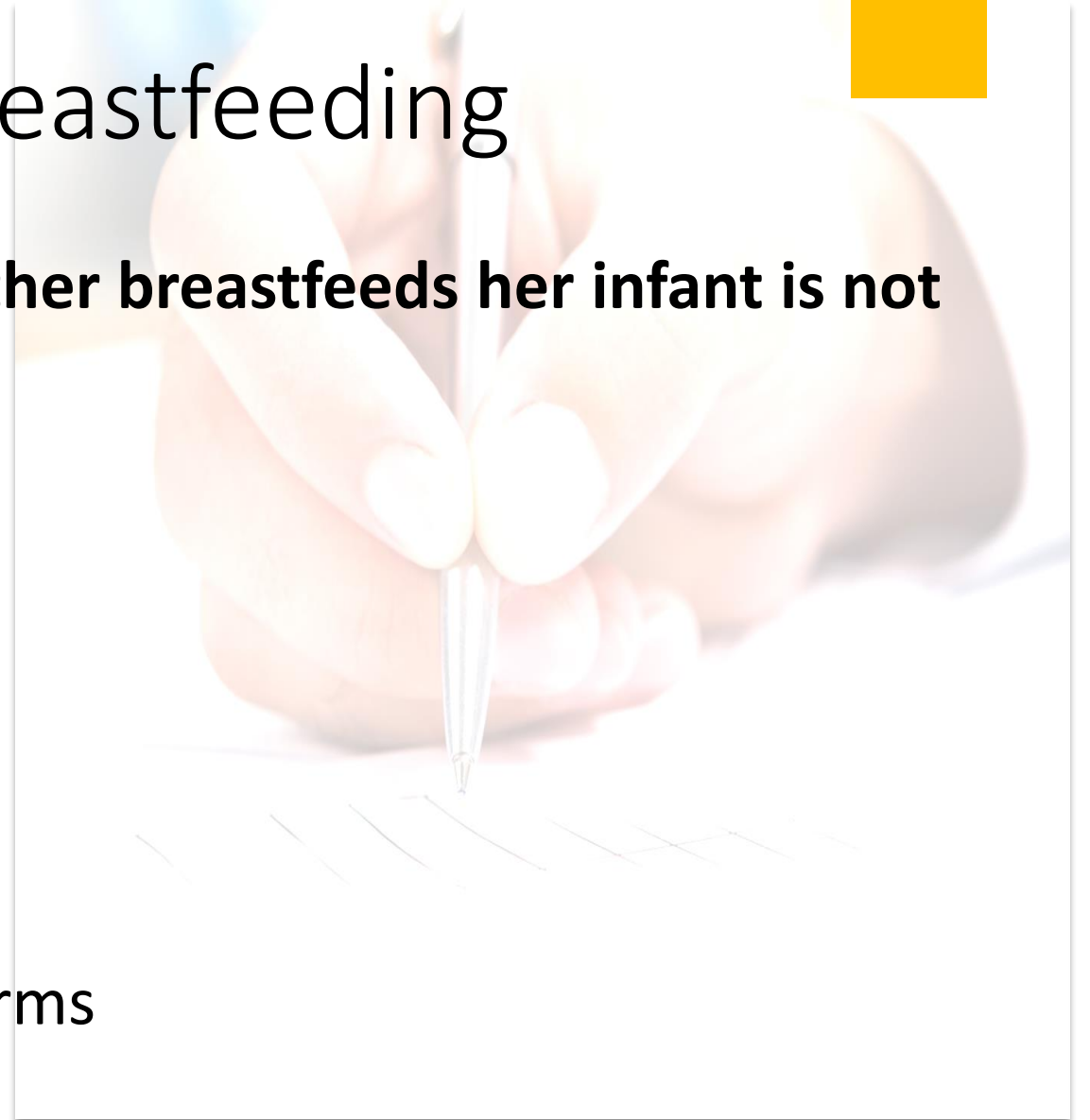


Breastmilk & Infants

- Promote breastfeeding by allowing reimbursement when:
 - a parent/guardian supplies expressed milk
 - Milk that is produced and expelled from the breast
 - **a mother breastfeeds her infant on-site**

Documenting On-site Breastfeeding

- **Recording the total amount a mother breastfeeds her infant is not required**
- Acceptable ways to document:
 - Breastfed on-site or BF
 - Breastmilk offered or BM
- Use the new menu/meal count forms



Serving Expressed Milk

- Breastfed infants may not consume the entire serving
- **Reimbursable:**
 - Offer less than the minimum serving size of breastmilk
 - Offer additional breastmilk later, if infant will consume more
- Feed on demand



Iron-Fortified Infant Formula

- Best supplement for breastmilk
- Supports healthy brain development & growth
- **Reimbursable meals may include:**
 - Iron-fortified formula
 - Breastmilk
 - Combination of both



Supplying Formula

- Offer a **minimum of 1 type** of iron-fortified infant formula
- Formula must be regulated by FDA
 - May not credit if purchased outside U.S.

Serving Formula

- Infants may not drink the entire serving of formula
 - Reimbursable as long as the minimum serving size is offered
- Any leftovers should be properly stored in accordance with local health and safety requirements
- Feed on demand

Disabilities and Substitutions

- Modifications must be made for infants with disabilities who need accommodations
- A medical statement must be on file to receive reimbursement
 - Explain the need for the modification
 - Provide guidance for the substitution or meal modification

Developmental Readiness

- Introducing solid foods too early:
 - cause choking
 - consume less breastmilk or formula
- Serve solid foods when infants are developmentally ready



American Academy of Pediatrics Developmental Readiness Guidelines

- Sits in chair with good head control
- Opens mouth for food
- Moves food from a spoon into throat
- Doubles in birth weight





Parent Communication

- Working with parents helps to
 - Ensure newly introduced foods are most ideal
 - Be consistent with eating habits
 - Support developmental readiness
- Always consult with parents/guardians first before serving solid foods

Optional Written Statement

- Request a written statement from parents or guardians:
 - outlining when & which solid foods to serve
- Follows the preferences of parents & guardians



Providing Food Components

- **Parents/guardians may provide only one creditable food component for a reimbursable meal**
 - i.e., provide breastmilk = 1 component
- Child care providers must provide remaining components

Introducing Solid Food(s)

- Once an infant shows signs of developmental readiness, solid foods must be offered
- Gradually introduce solid foods
 - One at a time
 - Over the course of a few days

Introducing Solid Food(s) (cont.)

- Prepare foods in the right texture and consistency
- Observe infants closely for reactions after feeding a new food

Vegetables & Fruits

- Great source of essential nutrients
 - i.e., fiber & vitamin C
- Minimum serving size: 0-2 tbsp.
- Required at all meals & **snacks**
 - Serve vegetable, fruit, or a combination of both
 - Increases consumption & allows for better acceptance later in life

Juice

- Lacks dietary fiber found in other forms of fruits & vegetables
- **No longer credits toward a reimbursable meal for infants**



Meat/Meat Alternates

- Poultry & other meats
- **Yogurt**
- **Cheese**
- **Whole Eggs**
- Dry beans



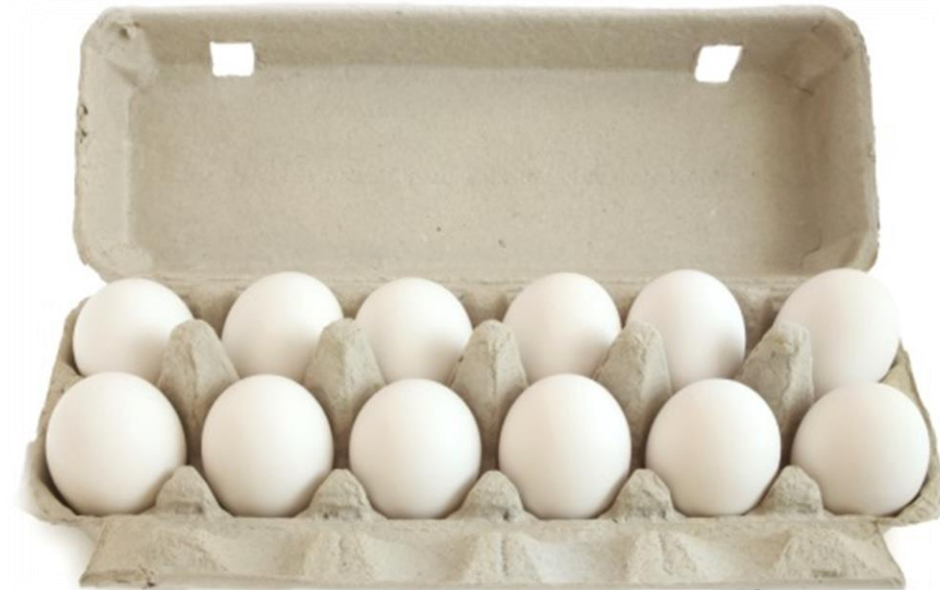
Yogurt

- Great source of protein
- Minimum serving size: 0-4 oz
- Maybe served during breakfast, lunch, or supper
- Some have higher sugar content than others
- Must contain **no more than 23 grams of total sugars per 6 oz**
 - Applies to all age groups



Whole Eggs

- American Academy of Pediatrics found no convincing evidence to delay foods considered major food allergens
- **Whole eggs are now creditable for infant meals**
- Minimum serving size: 0-4 tbsp.



Cheese

- Minimum serving size: 0-2 oz
- Cheese & cottage cheese
- Common examples
 - Shredded or sliced Swiss, Colby, & Monterey Jack





**Cheese foods &
cheese spreads
are disallowed
for infant meals
& snacks...**

Non-Creditable Cheese Foods

- Product packaging states:
 - “Imitation cheese”
 - “Cheese food”
 - “Cheese product”
- Common items
 - Cheese whips
 - Cheese with pimento
 - Cream cheese



Grains & Infant Cereals

- Iron-fortified infant cereals are often the first solid foods:
 - Often easiest to digest
 - Least likely to cause an allergic reaction
- Serve at meals & snacks when infants are developmentally ready
- Minimum serving size: 0-4 tbsp.

Snack Meals Only

- Bread, crackers, & ready-to-eat breakfast cereals
- Ready-to-eat breakfast cereals: **No more than 6 grams of sugar per dry oz**

For More Information

Ann-Marie Martin

CACFP Coordinator

(907)465-8711

annmarie.martin@alaska.gov

Cyde Coil

Education Program Assistant

(907)465-4969

cyde.coil@alaska.gov

Look for the Training Evaluation
via
Survey Monkey

